



Cranberry



Fact Sheet

Where did they come from?

Around 1815 the first cranberries were cultivated in Massachusetts. They ate them raw and used them in sauces, breads and pemmican, a mixture of dried meat or fish and berries that was pounded into a pulp, shaped into a cake and dried in the sun. The cranberry plant was also used for medicinal purposes to fight off various illnesses and to treat arrow wounds. It also worked well as a dye for rugs and blankets. American whalers and mariners carried cranberries on their voyages to prevent scurvy, which occurs from a lack of Vitamin C.

Where do they grow?

Cranberries are grown in only five states within the United States: Massachusetts, Wisconsin, New Jersey, Oregon and Washington. Burlington County is New Jersey's major cranberry producing area. New Jersey is the third largest cranberry producing state in the United States! Both fresh and dried cranberries are available all year round but fresh cranberries are more plentiful September through December.

How do they grow?

Cranberries grow on vines in beds layered with sand, peat, gravel and clay, commonly referred to as bogs. Cranberries can only grow and survive under certain factors; they require acidic soil, adequate water supply and plenty of sand. Contrary to popular belief, cranberries do not grow in water. Cranberry bogs are flooded in the winter to protect the vines from damage. During the growing season they require up to one inch of water per week. Pollination by bees is an important part of cranberry growing. When cranberries are ready to be picked the bogs are flooded with about one foot of water. A water reel is used to free the berries from the vines and pumps or conveyors remove them from the water.

The growing season of cranberries ranges from April to November. An undamaged cranberry plant vine can survive many, many years. Some vines in Cape Cod are over 150 years old. Dried cranberries are processed from whole fresh cranberries, which are sprayed with oil to prevent sticking. Sugar is added to eliminate the tartness of the cranberry.



Cranberry **Fact Sheet**

Are they healthy?

- 👉 High in Vitamin A and C
- 👉 No fat, no cholesterol, no sodium
- 👉 Contain plant nutrients, phytochemicals, that fight cancer
- 👉 Helps keep the heart pumping strong
- 👉 Help fight bacteria
- 👉 Prevent ulcers

How do you pick fresh cranberries?

- 👉 Ripe cranberries will bounce
- 👉 Look for ones that are shiny and plump
- 👉 Range in color from bright red to dark red
- 👉 Avoid those that are shriveled or brown spotted

☺ FUN FACTS! ☺

Cranberry

Did you know...

- ☺ Did you know that early settlers referred to the tiny red berry as a “cranberry” because the flower and its stem resembled the neck, head and bill of a crane?
- ☺ Did you know approximately 1.2 ounces of dried cranberries equals ¼ cup of fruit for the School Meal Program?
- ☺ Did you know there are four major varieties of cranberries: **American, European, Mountain and Highbush?**
(American is the most common and is a bright red color; European is primarily used for ornamental purposes and is smaller than the American; Mountain is a ¼ to ½ inch in diameter, bright to dark red and is occasionally sold in markets; Highbush is mostly used for jellies, jams and sauces.)
- ☺ Did you know that fresh cranberries are too tart to eat raw?
- ☺ Did you know that more than one-third of cranberries grown in the U.S. are made into cranberry juice?
- ☺ Did you know that dried cranberries are often called “Craisins”?
- ☺ Did you know that dried cranberries may last up to 12 months if stored in a cool, dry place?
- ☺ Did you know that dried cranberries are a quick, easy snack, which may be eaten right out of the package?

Remember ...

Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

DOD (Department of Defense) Special:

- ✓ Dried Cranberries available in individual bags; .9 oz. each; 300/case
- ✓ For Orders Call: Leslie Bowen at 1-800-795-3523 or 215-462-2457
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices

RECIPES:

- ✓ Contact the Cranberry Marketing Committee for a Free recipe packet entitled, **"BOLD – VERSATILE – HEALTHY"**
Phone: 206-270-4637 Fax: 206-270-4656 www.uscranberries.com
- ✓ Use all forms of cranberries --- Fresh, Dried, Jellied and Whole Sauce, Relish and Juice
- ✓ Try a new recipe with cranberries ---
Pumpkin Cranberry Bars (see attached)
Cranberry Sweet Potato Whip (see attached)
- ✓ Offer small bags as a healthy a la carte snack
- ✓ Create an interesting trail mix containing dried cranberries
- ✓ Add dried cranberries to chicken or turkey salads
- ✓ Not just with turkey --- Serve cranberry sauce with chicken nuggets or another entree
- ✓ Offer for breakfast as a cereal topper or try Cranberry Muffins
- ✓ Mix cranberry sauce with applesauce to create a colorful fruit mixture
- ✓ Add to oatmeal and chocolate chip cookies
- ✓ Substitute dried cranberries for raisins

Presentation **Meal Appeal -----**

Contrast Colors & Textures

Add Dried Cranberries to:
Fresh Spinach or Tossed Salads
Offer as a Topping for
Cold/ Hot Cereals

MARKETING:

- ✓ Hang up **"Cranberries --- Big Benefits in a Small, Red Package" poster**
(Available Free from the Cranberry Marketing Committee: www.uscranberries.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

Quality:

Store Dried
Cranberries
in Low Humidity;
Refrigeration is
Excellent!

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name (*Example: Crazy for Cranberries!*)
- ✓ Feature "Red Day" on the day that you offer cranberries on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing red
- ✓ Offer dried cranberry snack bags at a special price once a week during January

Safety:

Use "FIFO"
Storage
Method!



School Food Service Link.....



School Food Service Recipes



PUMPKIN CRANBERRY BARS Yield: 50 Servings

Recipe From: SNA Database Source: McCormick

Ingredients:

2 lbs + 13 oz Yellow Cake Mix	2 1/2 Tbsp Orange Juice or Water
1 qt + 1 cup Finely Chopped Pecans or Walnuts	7 1/2 Large Eggs
1 1/4 cups Butter or Margarine, Softened	2 lbs + 5 1/2 oz Pumpkin
2 1/2 tsp Pumpkin Pie Spice	2 lbs + 3 oz Sweetened Condensed Milk
2 lbs + 8 oz Jellied Cranberry Sauce	2 1/2 Tbsp Vanilla Extract

Directions:

- 1- Preheat convection oven to 350° F. Combine cake mix, nuts, butter and 1/2 tsp pumpkin pie spice until crumbly. Reserve 1/3 crumb mixture. Press remaining crumb mixture onto bottom of steamtable pan (12" x 20" x 2 1/2").
- 2- Place jellied cranberry sauce and orange juice in small saucepan. Cook, stirring frequently, over medium heat until smooth. Remove from heat; cool slightly.
- 3- In large bowl, beat eggs. Add pumpkin, condensed milk, vanilla extract, and remaining 2 tsp pumpkin pie spice; mix well.
- 4- Spread cranberry sauce evenly over crust. Pour pumpkin mixture over cranberry. Sprinkle with reserved crumb topping. Bake 30-40 minutes or until crumb topping is golden brown. Serve warm or chilled.

Cut 5x10 (50 pieces)

HACCP Tips: Wash hands and clean all food preparation surfaces.
Eggs, Dairy --- Keep refrigerated until use at 40°F

CRANBERRY SWEET POTATO WHIP

Yield: 25 each 5 oz. servings

1 serving=1/2 cup Fruit/Veg.

Ingredients:

1/2 #10 can Sweet Potatoes (Drained)
1/2 #10 can Cranberry Sauce (Drained)
2 tablespoons Cinnamon
2 tablespoons Brown Sugar
1/4 Bag (Approx. 10.8 oz. Bag) Whipped Topping (Prepared)

Directions: Beat sweet potatoes and cranberry sauce, add cinnamon and brown sugar. Whip until smooth. Fold in whipped topping. Use #8 scoop (rounded) for portioning. Optional: Add dollop of whipped topping on top of each portion.